

## Year 9 Celebrating Breakfast Week

Year 9 had the opportunity to take part yet again in the Healthy Breakfast Challenge.

All pupils learned about the importance of breakfast and why it is dubbed as the 'most important meal of the day'.

Pupils had the opportunity to use their mathematical skills in researching popular breakfast choices in their class and then displayed the results in a bar chart.

All Year 9 pupils then created a healthy breakfast menu to enable them to plan, cook and serve a healthy breakfast.



### Breakfast Habits

Our most important factors when choosing breakfast foods

1. Taste
2. Speed
3. Filling
4. Quick to prepare
5. Healthy

### Breakfast Foods



Look at these appetising breakfasts made by our students.

Well done everyone, a great effort. You are all breakfast Champions!

